

NIMBIN ARTISTS GALLERY
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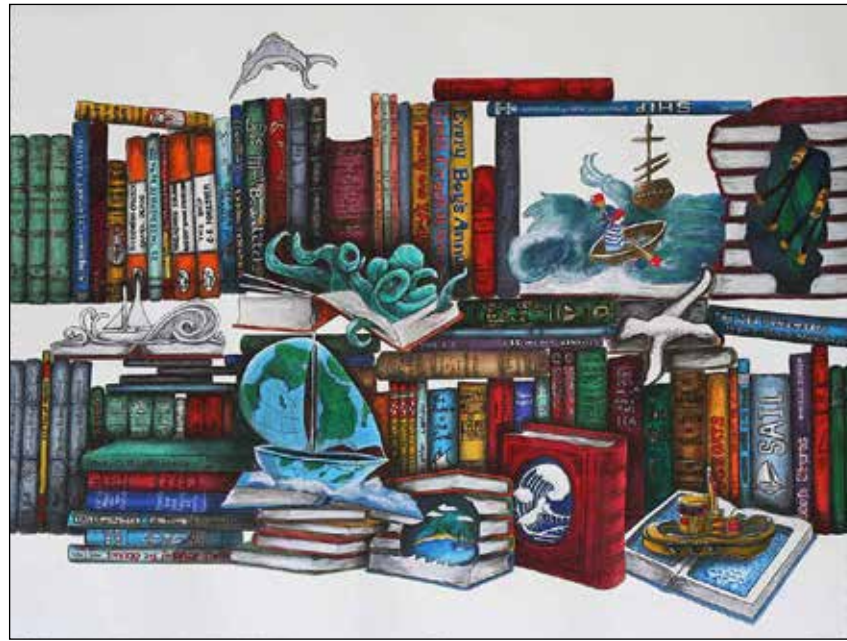
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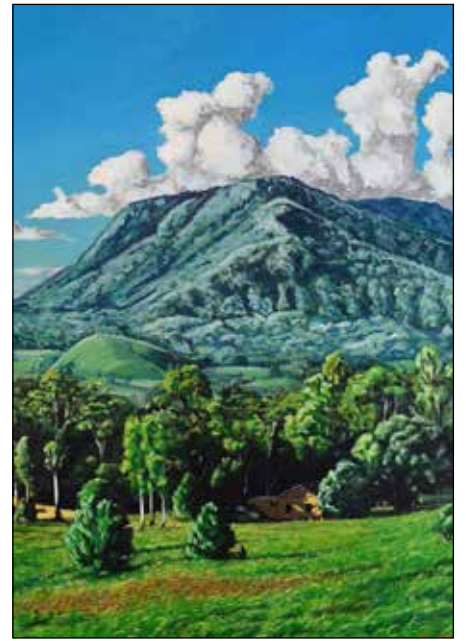
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NIMBIN ARTISTS LIGHT UP GUNNEDAH



'So Said the Sea' by Christine Spedding



'Welcome to Nimbin' by Marty de Weerd

by Karen Welsh

October has finally arrived for the Nimbin Diversity Exhibition, to be held in the Gunnedah Regional Gallery from 18th October to 22nd November.

The Nimbin Artists Gallery received an official invitation from the Gunnedah Council following the Nimbin Art Fair, held earlier this year. Wow, we all thought, what an exciting and unique opportunity for 21 of our local artists!

They are: Pauline Ahern, Peter Aland,

Leigh Arnold, Heather Bedell, Amanda Bragg, Nathan Dawson, Marty de Weerd, John Hosking, Melissa Hume, Claire L'Arrivee, Jenny Mac, Naomi Malone, Jasmine O'Shea, Paul Roguszka, Shannamay, Donna Sharam, Christine Spedding, John Storey, Yoko Tsushima, Ali Walker and Maureen Whittaker. A fabulous selection of artists representing a number of genres.

The Gallery applied for, and was successful in gaining financial backing from the Margaret McLaren Art Foundation. The late Margaret

McLaren was a volunteer at the Nimbin Artists Gallery for many years, and through the Foundation her support of local artists continues.

The Gallery is proud to collaborate and co-ordinate all the details to make 'Nimbin Diversity' a reality.

Our Gallery will remain fully operational seven days a week, 10am to 4pm-ish while this additional event is being undertaken, and if you are travelling down Gunnedah way, make the Gunnedah Regional Gallery a must-see.

Two new exhibitions at Serpentine Gallery



'Beings of the Forest'



Seeking the Symbiocene

by Corinne Batt-Rawden

Interlocked is a group exhibition by local artists Michelle King; James McKay; Rowena Kempton a renowned fibre artist; and Arabella Barnard who works in creative stitching.

These artists have put together a great show for you, showcasing their recent works.

Join these four practising artists with their opening event from 6pm 'til 9pm on Friday 11th October. Musical duo the Barnacle Brothers will be playing live for a special treat.

All welcome, wine and cheese of course.

Next on at Serpentine is *Seeking the Symbiocene*, an exhibition of works by Meg Nielsen and Peter Nielsen, presenting their paintings, drawings and photography in conjunction with objects found, restored or recycled, created during their journey through life... celebrating the Earth and resolutely seeking the Symbiocene.

"The Symbiocene will be that period in Earth's history where humans symbiotically re-integrate themselves, emotionally, psychologically & technologically into nature & natural systems utterly rejecting the current destructive despotism of the Anthropocene."
 – Glenn Albrecht, 2011

Guest artist Terri Nicholson has been invited to showcase some of her exquisite pyrography work and sculptures as nature-based art that complements the theme of *Seeking the Symbiocene*.

Terri Nicholson draws inspiration for her art from her deep connection with the rainforest of Terania Creek, where she was raised during the time of the historic protests to protect it from logging.

She loves bringing together the elements of fire and wood, depicting intricate botanical scenes in her pyrography/ burn art pieces.

Further alchemy is explored to bring forth her botanical eco-prints on both cloth



Terri Nicholson with one of her wood burnings



'Githabul Guardian'

and paper, using the natural dyes of the native species themselves. Another earthy medium, clay, is used for her sculptures of earth mummies.

This is a little sneak preview of her exhibition at Serpentine Gallery in June next year in line with World Environment Day.

You are invited to join us for a night of art and live music at the opening on Friday 1st November, 5.30– 8.30pm. Terri Nicholson will serenade us with her beautiful songs and then awesome local band Black Train will play for us.

There will be authentic South Indian cuisine available on the night, as well as the usual nibbles and fundraising bar for your enjoyment. We hope you can join us.

The exhibition closes on 18th November. Gallery hours are Monday – Friday 10am-4pm, Saturday 10am-2pm. Find us at 104 Conway Street, Lismore.

Contact the gallery on 0492-964-819 or email: gallery@serpentinearts.org for more info.

The magic of nature where we live



'Amber' by Hiske Tas Bain



'Nimbin Rocks' by Lessi Rees



'Bush Garden' by Linda Frylink Anderson

The current exhibitions at Blue Knob Hall Gallery include 'The Magic of Nature' by Hiske Tas Bain in the solo space, and 'Where We Live' in the main gallery.

We had a great turn out for the exhibition opening for these two shows, with local Nimbin choir Vocal Minority performing several pieces with their usual vivacity and great quality of sound. It is always a treat

to have them at an opening, and their support of Blue Knob Hall Gallery is always appreciated.

Hiske Tas Bain's artwork shows how beautiful and interesting the world really is. The fleeting moments of memories, dreams, nature, different places, and cultures. Hiske is also interested in changing reality into a positive experience by showing the positive side of what is and could be, instead of destruction.

Born in The Hague, she attended The Hague Academie of Arts, and then the London Regent College of the Arts, and eventually emigrated to Australia and the North Coast. With International and National Exhibitions and Awards it is a great pleasure to have her work here at Blue Knob Hall Gallery.

'Where We Live' is the members and artists exhibition in the main gallery space and the artworks truly represent the landscapes around us, the spaces we

inhabit and the inner dialogue we have with our homes and gardens. These exhibitions run until Saturday 26th October, and are well worth viewing.

Blue Knob Cafe – has great gourmet toasties freshly made, pies, savoury pastries, specials, cakes and coffee/drinks. We look forward to seeing you on the cafe veranda for food, art and a great view of Blue Knob. See our Face book page for more info about the Café.

Blue Knob Writers Group – meet weekly at Blue Knob Cafe on Sundays. For more info contact Alex 02-6689-7268 or Helen 0487-385-134.

Blue Knob Choir – Meets on Thursdays from 3.45pm to 5.15pm at Blue Knob Hall. Everyone is welcome, just turn up, or for more info call Peter 0458-487-865

For more information see Blue Knob Gallery, cafe & ceramic studio on Facebook, or email: bkbgallery@iinet.net.au

Feathergum Roots



by Sue Gumley

Myself and Dave Barbara from Feathergum Creative at 30 Thorburn Street, Nimbin are keen to join in the Nimbin Roots festivities again on the 26th and 27th October.

We are opening up the Feathergum Creative Gallery with my new exhibition, and opening up the front yard for live local music. Open 10am until 4pm both days.

We hope you can join us for a while, sit in our turtle garden and enjoy some good old-fashioned Nimbin hospitality, music and art.

We have been away travelling all over the Queensland and New South Wales outback, writing books and singing songs along the way, and now we are happy to be home again.



Turtle garden



Crow flying

David did a great gig in Lightning Ridge at Lorne station, as well as playing at the Lightning Ridge markets – it's a great place, with a similar feel to Nimbin. I sold out of my *Zodiac Dreaming* books at the markets, and we both made some cash; Dave even scored some opal.

My new exhibition is a reflection of our travels



Cockatoo and gumtree card

through the outback. Gumtrees of all colours and shapes have stayed in my mind, and I hope I have created a large enough forest in the gallery for you to see and feel the texture of what is in my mind.

Opals and their colours are captured, as well as the birds and animals on our journey.

David will be on stage in the front yard, singing all

his favourites and some new ones. He will be joined by friends and family, all great musicians.

Now seems to be a great time to give my family a plug. My nieces and nephews are playing in the Town Hall at 6pm on Sunday 27th as The Buckleys. They are fantastic! Hope we see you there as well.

DJANBUNG GARDENS

FORTHCOMING EVENTS

Oct 12 Gourd Crafting Workshop 10am-1pm

Oct 26 Garden Tour & lunch 10am-2pm

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Dec 20 Summer Solstice Feast & Ceremony 6-9pm

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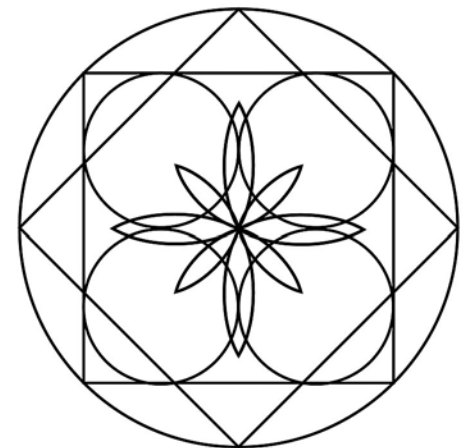
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Nimbin starts North Coast Show season in style



Photos: Michelle Agioritis, Sue Stock and Photo Fables by Nikki J



Community calls for compassionate housing solutions

The recent decision by Byron Shire Council to install “no parking” signs in popular van camping areas of Ocean Shores, South Golden Beach, and New Brighton has reignited the debate over how to address homelessness and housing insecurity in our region.

While the council cites complaints from residents about illegal camping, this move fails to address the root causes driving people to live in vans and risks further marginalising vulnerable community members.

The urgency of the situation cannot be overstated. Byron Shire has the highest rate of rough sleepers in New South Wales, surpassing even Sydney with just a seventh of the population.

In 2024, 348 people were counted sleeping rough in Byron Shire, up from 300 in 2023 – keep in mind, this number is only those street sleeping – it does not account for those sleeping in their vehicles, or couch surfing. This alarming increase reflects the growing housing affordability crisis in the region.

For years, community-led advocacy groups have been championing the creation of a village to provide dignified housing options for those experiencing homelessness.

As far back as 2017, One Roof Byron put forward a proposal to the Byron Shire Council for an Emergency Relief Campground on Council Land.

In 2022, they submitted another proposal for a Tiny House Cluster. Although both were rejected, these efforts laid the groundwork for on-going advocacy.



Building on this momentum, grassroots housing first campaign, House You has been actively pushing for a village solution since 2023.

Through deliberative democratic processes, they have gained community consensus on the need for such a village, presenting this solution to Byron Shire Council during public access in November last year.

“Simply moving people on doesn’t solve the problem, it just pushes it somewhere else,” said Chels Hood Withey of House You. “We need compassionate solutions that restore dignity and provide pathways to stable housing, not punitive measures that criminalise poverty.”

The proposed village concept has gained support from community leaders, including the Ballina State MP, Byron Greens councillors and a former Byron Shire Mayor. In a recent announcement, the Byron Greens released their emergency housing policy, which includes plans for a ‘Dignity Village’ to provide safe shelter and essential amenities for unhoused residents.

The proposed Dignity Village would offer a range of facilities including shared kitchens,

laundry facilities, bathrooms with hot showers, and recreation spaces. Importantly, it would also provide wraparound support services to help residents transition to more permanent housing solutions. This holistic approach addresses not just the immediate need for shelter, but also the longer-term goal of reducing homelessness in the community.

Importantly, a well-managed village would also help “clean up the streets” - a win-win that addresses both resident concerns and the needs of unhoused community members. With proper supports in place, it could serve as a stepping stone to more permanent housing.

House You has presented a range of community-generated solutions to Council, including:

- Stop persecuting people living in vehicles, and outside when they have nowhere else to go
- Remove the Restricted No Overnight Parking enforcement in unjustifiable areas
- Fast-track approvals for tiny homes and multiple occupancies
- Enforce rules requiring STRA to include

at least one permanent resident on the property

- Halt demolition orders on alternative dwellings that are safe and housing people
- Create sanctioned areas for alternative living arrangements for those who do not wish to live within four walls
- Build Public Housing on the community-owned old Mullumbimby Hospital site
- Audit the community-owned land; use deliberative democratic assemblies to allow the community to decide the use of public land; prioritising housing, third spaces and biodiversity protection.

“The housing crisis affects us all, and we need collaborative solutions,” Chels added. “We call on the new Council to listen to the community and invest in compassionate approaches like the village concept. Simply moving the problem around is not a solution.”

As Byron Shire grapples with a housing emergency, creative community-driven ideas like the village proposal offer a path forward that balances the needs of all residents.

With the recent local government election, there’s hope that new leadership will seriously consider these grassroots solutions as alternatives to increased enforcement that risks further harming vulnerable community members.

The Village will offer those sleeping rough somewhere safe to rest and refresh while the local, state and federal governments work together to finally produce the much needed public housing in our region (we still have none).

Bigger bodies in twenty-three generations

by Scott O’Keeffe, ecologist

The red-bellied black snake (*Pseudonaja porphyriacus*) is a venomous Australian Elapid snake. Elapid snakes have permanently erect fangs at the front of their mouths, which deliver venom to their prey.

Red-bellied black snake prey consists mostly of frogs, but they also eat fish, small mammals and reptiles. The venom immobilises or kills prey by attacking the nervous system and causing muscle paralysis.

In humans the venom can induce serious illness but bites have not resulted in any human deaths. Also, red-bellied black snakes are timid and avoid confrontation.

Red-bellied black snakes (RBBS) occur through eastern coastal and sub-coastal Australia. They inhabit forested and wooded landscapes, frequently around shallow fresh water bodies and marshlands. This is hardly surprising given that they mainly eat frogs. These snakes are sometimes seen in urban areas that are adjacent to woodlands, forest or wetlands.

Cane toads (*Bufo marinus*) have proven toxic to a wide range of native predators and scavengers,

including RBBS and other native snakes. The rapid spread of toxic cane toads gave rise to predictions of a wave of native animal extinctions. Many species of vertebrates were thought to be at risk. These predictions have proved partly correct and many native predators and scavengers are already adversely affected.

Total RBBS numbers have been declining for several decades, and cane toads are often cited as the cause of this decline. However, it seems unlikely that this is the whole story.

Cane toads were introduced to Australia in 1935 as a biological control for cane beetles. They spread rapidly and now occupy large areas of Queensland, New South Wales and the Northern Territory. Cane toads are still expanding their range.

Cane toads are certainly toxic for RBBS’s, but are toads alone the cause of a population decline? The apparent disappearance of very large RBBSs and the supposed higher rate of survival of smaller individuals have been proposed as evidence.

The ‘logic’ here is that large highly toxic toads can only be



A two metre Red-bellied Black Snake seen recently at Stony Chute. Photo: Katharina Treegardner

consumed by very large snakes with mouths large enough to swallow them. Thus, large snakes disappear, leaving only small snakes.

But this only explains why large RBBS seem to be disappearing. It doesn’t explain why small RBBS might be surviving. Small toads and frogs are part of their diet, so why would small RBBS not be poisoned by small cane toads? To complicate things further, it seems that recently the proportion of large RBBS has been increasing.

Could RBBS be increasing their survival rates by learning to avoid eating cane toads? Other animals have adapted in this way. Could individual snakes with repeated exposure to sub-lethal doses of toad toxin eventually develop a resistance to the toxin that can be inherited by offspring? Both of theories have been tested.

The results show that RBBS do not learn to avoid eating toads, nor do individual snakes develop an increased tolerance to toad venom through repeated exposure. Rather,

toads exert evolutionary pressure on RBBS such that snakes with an innate high tolerance of toad toxin have high survival rates.

Further, RBBS with large bodies and relatively small heads have a high survival rate because they are less likely to be able to consume a toad large enough to deliver a fatal dose of poison. A single factor such as the presence of toxic toads does not adequately explain the decline in RBBS, nor does the increased tolerance to cane toads ensure the species’ survival.

Widespread habitat loss and fragmentation, persecution, serious declines in frogs (the RBBS most important food) together with the introduction of exotic cane toads give a fuller explanation for their decline.

Rapid physiological adaptation might explain the increased survival of large mature snakes could be mitigating other adverse impacts.

RBBS have a generation time of about three years, so this species has shown significant adaptation to the presence of cane toads in about 23 generations. Such a rapid response to adversity is reassuring.

Threatened species report card: ‘Extinct’ wallaby in trouble, again

by Mark Symons, WWF-Australia

On Threatened Species Day, a recent report card shows Australia is still failing to protect our unique plants and animals.

The World Wide Fund for Nature-Australia gives the nation F’s for funding, recovery planning, and improving the threatened status of the more than 2000 at-risk species in Australia.

WWF’s 2024 Threatened Species Report Card takes into account the 163 species added to the first threatened species scorecard released two years ago. Among them is a wallaby believed extinct until the mid-60s.

The parma wallaby is now listed as vulnerable after scientists estimated the 2019-20 bushfires reduced an already declining population by 24%.

This tiny wallaby has one of the most remarkable stories in the history of Australian wildlife. If it is to survive, much of the credit should go to 88-year-old Peter Pigott.

The parma wallaby had been considered extinct for decades until the mid-1960s with a startling discovery: a thriving population on Kawau Island in New Zealand.

In the 1860s, Sir George Grey, a governor of South Australia and then New Zealand, populated Kawau Island with exotic animals



including parmas and other wallaby species. By the 1960s they were being exterminated as pests.

Not long after the New Zealand discovery, a small number of parma wallabies were found in the wild near Gosford. Plans to save the species centred on the Kawau Island population. Hundreds were exported to zoos and institutions in Australia and around the world.

Conservationist Peter Pigott created a private reserve by expanding his Mount Wilson property, building dams, and putting up an electric, fox-proof fence. In 1971, in multiple flights, Peter transported parma wallabies from Kawau Island. He started with 38; they now number about 200 – the largest known population.

“If an animal becomes extinct it’s gone forever. There’s huge emotion in that. You can say ‘sorry they’re extinct’. That’s pathetic if you didn’t try to do something about it.

Our mission was to save the species and we believe we’ve done that,” said Peter.

He may look familiar to some from the 1980s TV commercials for his successful Uncle Pete’s Toy Stores business, but keeping hundreds of wallabies alive for so long has drained his finances.

Recently animal welfare group WIRES began assisting with the cost of feeding the parmas. Peter estimates over the last 53 years he’s spent \$2 million to bring the species back from the brink. They now go through 40 kg of carrots, 20 kg of sweet potatoes, and 25 kg of special pellets a day.

Peter was not surprised when the species was listed as vulnerable.

“I knew that it would happen, but it didn’t make me happy, obviously. However, for the first time we’ve had attention from the government, including a visit from the federal environment minister. I hope that all Australian native wildlife will continue, not just the parma wallaby. There are many more animals in Australia that are endangered and need action from the government,” Peter said.

Meanwhile, after working for more than half a century to save parma wallabies, Peter Pigott hopes governments can now take over from him. WWF-Australia is investigating what role it can play, with the aim to use Peter’s parma wallabies to establish populations within feral free safe havens up and down the east coast of New South

Wales.

Local MP Susan Templeman and Federal Environment Minister Tanya Plibersek visited Peter in June, and WWF have been talking to the New South Wales government and the University of Wollongong about a project to test how to wean some of Peter’s parma wallabies off supplementary food. Bannockburn Rewilding Sanctuary in Jervis Bay is the likely site for this research,” “But none of that would be possible without the incredible efforts of Peter Pigott,” WWF-Australia rewilding program manager Rob Brewster said.

“The federal government needs to urgently fix broken nature laws and boost funding for our threatened plants and animals,” said report card author, Dr Tracy Rout, science and research lead, WWF-Australia.

“Our existing laws allow the continued destruction of habitat. Only 9% of our threatened species received dedicated funding from the Australian government in the last five years. Just 7% have a current recovery plan. We’re asking people to be a voice for Aussie wildlife. Email your local federal MP telling them you want better protections for our wildlife. Help bring our threatened species back from the brink of extinction,” Dr Rout said.

For details to email local federal MPs, go to: <https://wwf.org.au/get-involved/protect-aussie-wildlife>

Wildlife Tourism Australia conference at Hastings Point

by Ronda Green

Soon after the first moon landing, I travelled with my father through a long stretch of mallee woodland alive with wildflowers.

I was enjoying memories of an adult education course in wildflowers: the cute little duck orchids, the trigger plants that zapped bees on their backs to collect the pollen, the great variety of other plants and the small lizards, birds and colourful beetles we also saw on our field trips.

My father suddenly said, “They can’t be sure there’s no life on the moon. They might have just visited the wrong spot.”

I agreed – there could be fossils of bacteria-like organisms somewhere amongst the rocks or moon dust. Then he said, “If an alien visited Earth and landed here, he’d go home and say there’s no life on Earth.”

I said, “What do you mean? There’s life all around us.”

He looked around a bit and said, “Oh yes, there’s some telegraph wires over there.”

A friend’s mother had also spoken of what a boring journey it was when driving through this stretch of mallee. I wished they could spend some time with my wildflower tutor; learn to really look at the fascinating array of plants, fungi and animals you can find in every few metres.

How many people visit our wild places, maybe take a quick photo or two of general scenery and then leave with no enhanced understanding of the ecosystem they’ve just been surrounded by?

Had they had even a brief

session with a guide able to impart something of his or her own knowledge and enthusiasm, how much deeper and more satisfying could their experience and subsequent memories have been?

A conference run by Wildlife Tourism Australia at Hastings Point, from Tuesday 5th to Thursday 7th November, explores many aspects of interpretation of wildlife and nature generally.

We’ll hear from experienced guides, guide trainers and academics from Australia and across the world, on delivering

enjoyable and effective face-to-face talks, signage, videos, holograms, brochures and even puppet shows.

This is a great opportunity for guides, eco-lodge managers, zoo keepers, natural history society members, school teachers and others to be informed and inspired by a great diversity of information and innovative ideas, and to contribute their own views or ask questions in our discussion sessions.

For details, visit: wildlifetourism.org.au and under the heading of ‘coming events’ click on ‘Wild Tails’.

Resolving a Teumessian dilemma

by Peter Brooker

This month we came upon an age-old paradox, an immovable object meeting an irresistible force.

It is said that if an immovable object exists an irresistible force cannot and, likewise, if an irresistible force exists there cannot be an immovable object. But is that true?

Zeus came upon this dilemma when he found the Teumessian Fox or Teumessian Vixen, an animal that can never be caught, co-existing with the hound Laelaps, an animal that never misses what it hunts.

How can these two animals exist in the same space at the same time and both claims hold true?

To solve this paradox, Zeus, God of the sky, turned them both into static constellations. But what if Laelaps had no interest in hunting the Teumessian fox?

Is it possible they could have lived side-by-side, come to some agreement or accommodation and both enjoyed life?

A similar problem arose in the 3rd century BC. Han Feizi, the Chinese



legalist political philosopher, wrote of a man who was attempting to sell a spear and a shield.

The man claimed that there was no shield the spear could not pierce and that his shield was unpierceable.

When asked what would happen if the spear were hurled at the shield



Nimbin Garden Club notes

he had no answer, but logic tells us one would yield to the other or both would fail their respective claim.

This brings us to our dilemma, our immovable object, our irresistible force, our hound and fox, even our spear and shield.

We reasoned that all these things could exist at the same time as long as they did not occupy the same space at the same time.

If the irresistible force never came across the immovable object or the spear was never hurled at the shield there would be neither conflict nor contradiction and so as the anonymous poem 'Life Will Yield' says, "It's not just as we take it, this wonderful world of ours, life's field will yield as we make it, a harvest of thorns or of flowers."

So while Zeus solved his paradox by freezing both offending parties in the night sky, and Han Feizi turned his from paradox to riddle, we, as a committee, decided the Nimbin Show was an immovable object, having been around since



1919, and the Nimbin Garden Club was the irresistible force.

While an immovable object, by definition, cannot be moved, a force is more flexible and capable of change in both direction and application, be it irresistible or not.

Therefore we changed the date of the Garden Club meeting by a week so as not to clash with the Nimbin

Show and that is why there is no NGT article this month.

There is, however, good news, this month's meeting will return to its usual place in the calendar and be held on Saturday 19th October at Nola's, 476 Boyle Road, Koonorigan, 2pm to 4pm.

As usual, bring a plate, a chair and something to share.

Let it go...



View from the loo
by Stuart McConville

The 12-year old finger lime which pokes through my toilet wall has finally got fruit on it.

The thorny bush is littered with nests of firetails and I can watch them coming and going while sitting still on my throne. The fuss they create while building their nests is equal only to the contempt they show when they abandon them entirely.

Their purposeful and committed behaviour gives way to detached complacency.

Detachment is the art of letting go. Every time I visit my loo, I practice the art of detachment. I was committed to the food I ate, which my body duly processed, created a by-product, and now I can let it go.

It feels great to have this process take place, and one definitely leaves feeling lighter (enlightened!!) and freer.

Since Covid, I have had to practise the art of detachment in a completely different way. Lifelong friends have taken to



Diamond Firetail

trying their level best to subscribe me to all sorts of conspiracies, very few of which I have time for.

Some even get frustrated when I seemingly fail to comprehend the danger that we are in.

A few have even reacted angrily when I point out counter arguments. I have had to let go in some cases. In others, a mutual respect means that we can discuss other things and just not go there with the conspiracies.

There are some commonalities. People living alone, people with a history of struggle against bureaucracy, people that don't have hobbies or a path they are proud of, people that are angry at the world (sometimes with good reason).

Most of these factors can be classified as by-products of modern social structures and to some extent economic forces.

Take living alone for example. Not so many years ago living alone was considered a little bit strange.

Marriages were suffered through because economically there were few other options. Now we have an economy and social

welfare system that can afford to assist those who choose to live alone, it has become normalised.

Alone we can spend time doom-scrolling the rabbit holes of our choice and justify our anger by connecting with thousands of other lonely angry people.

Alone we can avoid the hard work of real human interactions and fall into behaviour patterns that simplify our existence. Too easy, I say!

Loneliness is one of the main causes of dementia, a disease that is expected to rise rapidly in the next decade. I live alone, but my two dogs and business/friends interactions are numerous enough to sustain my brain ticking over.

New rental laws in NSW will make it harder for landlords to restrict pet ownership by tenants.

I hope that some of the communities let go of anti-dog laws and allow lonely people to at least have a dog or two for company as they grow older.

Stuart McConville runs Pooh Solutions Compost Toilet and Waste Water Services
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Trains, whales and dolphins a-plenty



100-year old fig tree



Bill having lunch with the ferns

by Peter Moyle, Nimbin Bushwalkers Club

At last, some great weather and with it the Nimbin bushwalkers were out and about. President Pete took 14 members on a train trip to Byron Bay. Only a couple of kilometres but the ride in and out on the solar powered train from the industrial estate at Byron was a nice novelty.

The train was followed by the classic walk-through town and along the pathway to the lighthouse. Suburbia, but the views to the ocean and headlands were magic on a perfect day – seas flat and whales and dolphins aplenty. Peter's historical oration on Byron was another highlight. We had lunch and coffee at the lighthouse before the return journey.

It's a while since we had a few days away so the trip to members' Bill and Marsha's property at Green Pidgeon via Kyogle was planned. Twelve members came for two to four days and were not disappointed. The property at the end of the valley and the Border Ranges NP next door, saw some adventurous walks through the rainforest

and regenerated bush to some wonderful views and the creeks slowly flowing with clear water. Camping in the front paddock with a roaring fire and lively chat made this a very enjoyable few days.

Walks programme

Friday 18th to Monday 21st October – Mulligans Campground in the Gibraltar Range National Park

Leader: Mark Osberg 0408-113-125

Grade: 3-4. Another of our great camp weekends. We have some sites booked to share, ring Mark. Camp for as many nights as you like; some are going for two nights, others four. Cost \$6 per person per night, day walks will start at 9am. This is a lovely camp area with sites well apart with fireplaces and flushing toilets, west of Grafton about three hours from Ballina and Kyogle. We came here last year and loved it, so many interesting walks many we didn't do so back this year. The Washpool is next door. A National Park vehicle pass is required at \$8 a day, or buy an annual one. Mark will be staying a week, so there are stay options.

Sunday 10th November – Brunswick Heads into the Tyagarah Nature Reserve

Leader: Peter Moyle 0412-656-498

Grade: 2. Walking from the Boat Harbour along the foreshore before a walk on the breakwater then on the coastal track south, all up about 11 km, with diversions to view Simpsons Creek. This is a relaxing walk on a sand track/road with some paperbark forest and coastal heath. This is a lovely bit of coastline, which has seen rehabilitation and maintenance. We will return on the beach. Flat terrain with sand tracks and possible wet feet if you miss a wave on the beach or a puddle on the track.

Meet: 9am on the river behind the Brunswick Boat Harbour. Bring: water, lunch, and hat. I am sure a nice spot for a coffee after can be found. Ring Peter for more details.

The science of human movement, performance and function

So what needs moving in order to balance and improve the body's function?

Reasons may include, back problems, knee problems, allergies, immune deficiencies, digestive issues, emotional trauma and the list goes on. Everything has an effect on the body's physical form. We only have one body to get us through this life, so it's important to look after it.

To assess what's going on, precise muscle testing is used in relation to specific meridians and organs, also hip flexors and the gait system. Muscle testing is a simple and gentle process and



by Julia Lincoln,
Kinesiologist

the corrections are gentle.

If you are experiencing lower back problems, then it's highly likely the muscles that should be supporting your

lower back will be testing as unlocking muscles, which is to say they are not at optimal function. Most people that experience lower back pain also have had a gut reaction, or sometimes many, to events, personal or otherwise that has hurt their heart. Emotional pain can manifest as physical pain.

Many knee issues and hip problems can be the result of the gaits being imbalanced, which means that the feet do not turn in correctly. A gait problem can easily resurface as the body unwinds itself from physical or emotional imbalances.

Stress is often a common

problem. An overstressed person may be 'beside themselves' due to trauma, anxiety or pain and their centre of gravity is frequently out, which affects every other function such as their muscles, meridians and emotions. Stress can be tested as 1st level, 2nd level or 3rd level stress, which means the body may be in an exhaustion stage.

Time to take a more than serious look at what's going on inside your body. A wise investment in your health will pay healthy dividends in the long run.

For an appointment, contact me on 0434-919-172.



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Open to horses through feel

by Suzy Maloney

Building a relationship with a horse is an incredibly rewarding experience. It requires not only our physical presence, but also an understanding and application of 'feel.'

Feel is a term commonly used to describe the subtle, often intangible connection that exists between a horse and a human.

It's about more than just touch; it's about intuition, empathy, and being present in the moment with the horse.

Feel goes beyond words, reins, or cues, it's about understanding the horse's emotions, movements, and responses, and knowing how to respond in a way that is gentle, respectful, and effective.

Learning to be open to horses through feel can transform our interactions and create a deep, trusting bond.

For some, feel comes naturally, but for others, it requires practice and mindfulness. It's not something we can learn from a book or the internet alone; it must be experienced and developed through consistent interaction with horses.

It doesn't matter how perfectly we use a training method, or how good that method is, without feel it will never deliver the results we want. It's not what we do; it's how we do it.

The first step to developing feel is to be fully present when we are with a horse. In the present moment, we can feel the slightest movement or change of energy in our horse.

Horses are incredibly intuitive animals and can sense our emotions, tension, and focus. Before approaching a horse, we can take a moment to clear our minds, focus on our breathing, and centre ourselves.

When we're calm and focused, our horse is more likely to be at ease and open to connecting with us.

As horses are highly sensitive to non-verbal communication, and we need to pay attention to our body language. Standing with a relaxed posture, making soft eye contact, and approaching the horse with gentle, deliberate movements all help.

In our interactions, we want our bodies to follow theirs, and their bodies to follow ours, both on the ground and in the saddle. All communication must be two ways. By being aware of our own presence, we can create a calming influence that will help our horses feel safe and comfortable.



When working with a horse, whether we're grooming, leading, or riding, our hands are one of the primary ways we communicate. However, feel isn't just about physical touch, it's about what our touch conveys. We need to listen with our hands and hearts, by practising using our hands gently, with softness and intention, rather than force.

An instructor of mine used to say, 'put love in your hands.' When we touch or guide a horse, we can think of it as a conversation. Our touch should be a request, not a demand. What is our touch saying? Do we want to give something? Get something? Or just be with them?

Our bodies, minds and hearts need to be open to those of the horse. When we place a hand on a horse, there's no me and you, only us. We need to dissolve our 'ego,' our sense of self, to completely connect with the horse and feel them.

Our hearts also play a crucial role in developing feel. Horses are incredibly perceptive and can sense our emotional state. Approaching each interaction with kindness, patience, and empathy develops trust.

If we're feeling frustrated or anxious, it's better to take a step back and centre ourselves before continuing. Horses respond best when they sense a calm, confident, and compassionate presence.

Developing feel requires keen observation. Every horse is individual with their own personality, preferences, and emotions. Spending time simply watching our horses, we observe their body language, expressions, and behaviours.

We notice how they react to different situations, people, and other animals.

This helps us understand what makes our horses feel comfortable and what may cause anxiety or tension. And most importantly, how do our actions influence their behaviour?

Developing feel with horses is not something that happens overnight. It requires patience, practice, and a willingness to learn from both successes and mistakes. Consistency is key, by consistently applying feel in our interactions, we will build trust and deepen our connection with our horses.

Horses are sensitive to our energy, if we rush or are impatient, they will pick up on it. We need to take our time, be patient, and allow the relationship to develop at its own pace. Over time, our feel will become more refined, and our horses will respond with increased trust and willingness.

Horses are naturally drawn to those who respect their space, understand their needs, and communicate with empathy and clarity. By cultivating feel, we not only improve our ability to work with horses, but also enhance the overall experience, making it more rewarding for both us and the horse. Feel is a journey, not a destination.

As we continue to develop this skill, we'll find that our relationship with horses becomes more harmonious, intuitive, and fulfilling.

The bond we create through feel is one of mutual respect, trust, and understanding, qualities that lie at the heart of any true partnership with a horse.

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